



**(JNANA PANA)  
PSALM  
OF  
WISDOM**

**Dr. M. R. PANICKER  
KONKANI TRANSLATION BY  
N. PURUSHOTHAM MALLAYA**

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प्रकाशक :

कोकणी भाषा प्रचार सभा कोचिन-६८२ ००२.





ज्ञान पाना  
(JNANA PANA)  
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OF  
WISDOM

Dr. M. R. PANICKER

डा. एम. आर. पणिकर

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कोंकणी अनुवाद

एन. पुरुषोत्तम मल्लया





कोंकणी भाषा प्रचार सभा प्रकाशन-६

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by N. Purushotham Mallaya  
of Dr. M. R. Panicker's English version  
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## FOREWORD

My Dear Dr. Ugras,

To  
Unni Krishna  
of  
Guruvayoor  
but  
for Whose blessings  
this  
hand would not  
have  
moved







# FOREWORD

My dear Dr. Ugene,

There, a noble soul is moving fast caught in the undercurrent of mental agony. Away from a little Village Keezhattoor in Kerala, this Brahmin is seeking the feet of Lord Krishna of Guruvayoor, the Dwaraka of the south.

Poonthanam lost his only child born to him after years of prayer at Guruvayoor.

His home was full with festivity to celebrate the child's first feed. After the ceremony those who took part changed their dress and threw the ceremonial ones into a room. The heap formed thus caught under it the innocent child lying asleep. When it was found out the little innocent soul had flitted away.







INTRODUCTION

Poonthanam fell at the feet of the Lord  
and begged for peace eternal.

Jnana Pana is the outpouring of that  
bleeding heart where he says "when Unnikrishna  
plays in us, why wish for children more". Jnana  
Pana has scaked this land of Kerala for the past  
four hundred years from the days of Akbar. Even  
today It's sweet fragrance hovers from lip to lip

Yours sincerely,

Dr. Panicker

ERRATUM  
22-12-98







## INTRODUCTION

*Jnana Pana is the profound philosophy of life made simple for the ordinary man "that thy name shall ever be on the tongue to have this life turned into eternal bliss " Dr. Panicker's work has been a great success, in as much as he has caught the idea so well that one wonders if this itself is an original work. I am privileged being allowed to write a few lines as introduction to this book. Besides I have been greatly benefitted by reading it. I hope many such books would follow that more and more people will be benefitted. May Guruvayurappan's blessings be showered on the book and its author a good physician and, a simple humanitarian.*

ERNAKULAM

22-12-78

T. C. Janaki Amma

(ANJALI)







# ONE

Blessing of Great Guru be on us, that  
Thy name shall ever be on the tongue  
For us, to have this life,  
Turned into eternal bliss..

आशीर्वादु आसचो अंमचेरी परमगुरुलो  
केन्नायि आसचे जिवेरि नांव ताचें  
अंका, जीवित ये उरचे,  
आनन्दमयान्तु परिवृत जाव्नु शाश्वत रवचे.

---

Great Guru - Sri Narayana - One of the thousand  
attributive names of Lord Vishnu







None knew till yesterday,  
Who knows about tomorrow!  
When this body perish, who can say!  
Oh! Lord, Thy display.

कलचे पर्यन्त नेणयि कोणीय,  
तरि फयचे कोण जाणयि!  
देह ये केन्ना नाशु पांव्ता,  
सांगचाक कोणाक जत्ता !  
हे ! देवा, तुजो विलासु







Those seen everyday,  
Are not to be seen today.  
See him in a palanquin now,  
Who was roaming about till yesterday.

केन्नायि दिक्चे तांका,  
मेळनाति दिक्चाक आजि तांका.  
दिक्तायि अतं एक पल्लकेन्तु ताका,  
कालिपर्यन्त अशी-तशी भोंव्चे ताका.





The king in splendour in his palace,  
Is seen with a bundle on, next day.  
Some do know it;  
Yet others do not understand it.

वैभवयुक्तरायु रावळरांतु तागेले,  
दिकचाक पडता तो वाव्ता वज्जे, दिवसा लागचे.  
स्वल्प जनांक कळता ते;  
जल्यारि संजूक जायना दुसरांक तें.





What is seen is a myth,  
So say the wise.  
Remember the mind we have  
Has more facets than one.

कसले दिकल्या आसा मायामय तें,  
तशि सांगतायि प्रज्ञावन्त ते  
दवरि उडगासु अम्का आसचे मन तें  
एकापसि आसा अधिक मुख तें





Hence the Sastras are more than one,  
For us bound by Karma.  
Sankhyayoga and yet others  
Revealing how we are chained.

देखून शास्त्र आसा अेकापसि चड्,  
अम्का बन्दिल्या कर्मानि.  
सांख्य योग मात्र नयि अनि इतरयि  
दकेता कशी अमि शृखंल निबद्ध जल्या.

---

**Sastras - Six Sastras**

- |               |              |
|---------------|--------------|
| 1. Siksha     | 4. Niruktam  |
| 2. Kalpam     | 5. Chandass  |
| 3. Vyakaranam | 6. Jothisham |

**Sankhya Yogam:- There are eight Yogas.**

- |                   |                 |
|-------------------|-----------------|
| 1. Parabrahmayoga | 5. Samnyasayoga |
| 2. Jnanayoga      | 6. Abhyasayoga  |
| 3. Rajayoga       | 7. Bhakthiyoga  |
| 4. Sankhyayoga    | 8. Vivekayoga   |





The wise tell us the Truth  
For us to free this life.  
Listen, Oh! noble souls  
In simple yet shining words.

प्रज्ञावन्त सांगतायि सत्य अंका  
जीवित ये मुक्ति मेळपाक अंका.  
अयकायि, अहो! उत्कृष्ट जीवानो  
सरल तथापि तेजस्व उत्तानि.





The glow we see around  
Of millions of throbs each standing alone,  
Bound by the chains of Karma,  
Ignorant to the blind,  
Revealing to those who can see,  
Which is Life entire,  
Is held by Thee, Oh! Lord,  
In Whom all will merge,  
When Thou alone exist.

अमि दिक्चे तेजस अखंड  
एकेक रबता एक जाव्नु कोट्यानुकोटि चराचरांतु,  
कर्माचे शृंखल बन्दनान्तु,  
अंधकांक अज्ञात तें,  
दिक्कल्यांक दकैता तें,  
समग्र जीवामय आसा तें,  
तू हे ! देवा धोर्नु रबल्या तें.  
सर्वे वोचून पवतायि लय कित्यांतु  
केन्ना आसा तू मात्र.

---

Karma - All the life activities, Physiological,  
Physical and mental.





The Karma which holds us together  
Are chains of Punya, Papa and Punya Papa;  
Of gold, Iron and metals twain,  
Chains the soul down to the Earth.

परस्पर अंका धोर्नु राबल्या कर्म  
पुण्य, पाप अनि पुण्यपाप हाजें शृंखल बन्दन तें;  
भंगार, लोकण्ड आनि लोहध्वय,  
शृंखल बन्दनान्तु घलता जीवाक पृथिवीर सकल.

---

<b>Punya</b>	<b>-Blessed deeds</b>
<b>Papa</b>	<b>-Cursed deeds</b>
<b>Punya Papa</b>	<b>-A mingling of both.</b>





The Great Creator Brahma, a fly or an ant  
Is bound by this chain, know thee.  
Dikpalas each is fixed  
To his post bound by Karma.

बृहत सृष्टिकर्तारि ब्रह्मा, एक मूस वा मुयि  
ह्या शृंखल बन्दनेन्तु आसा,  
जाण जयाति ताका.  
केल्या एकेक स्थानारि दिक्पालांक स्थापित  
ताजे स्थान आसा कर्मानुबन्धित.

---

Dikpalas      - Eight divine powers guarding the eight regions  
of the earth.

1) Indra	E	5) VARUNA	W
2) Vahni	ES	6) Maruthu	WN
3) Pithirpathy	S	7) Kubera	N
4) Niruthi	SW	8) Easan	NE





The Flickering souls we are  
Bound by Karma ever,  
Born and reborn oft,  
Within a short time here.

चंचल जीव अमी  
कर्मबन्दनान आसा केनायि,  
जन्मतायि अनिक पुनर जन्मतायि,  
अल्प समय भितरि हंगा अनेक.



The soul thus suffering in hell,  
Redeemed thereafter,  
To mother Earth, it returns  
A distinct throb, - the man.

जीवु तशि भोगचो यातन नरकान्तु,  
मेळोलो जत्ता मोचन त्या नन्तर,  
मातृ भूमिरि, येत्ता तो पुनर  
वेगळो एक प्राणु - मनुष्यु.





That which is earned by Karma,  
We spend out in Heaven or Hell.  
Enjoying while in Heaven,  
Suffering for that in Hell.

कर्मान् संग्रह केलेले तसले तें,  
कर्तायि विनियोग अमी स्वर्गारि अथवा नरकान्तु.  
भोगतायि अस्तना सुख स्वर्गारि,  
भोगतायि यातन नरकान्तु त्या खतीरि.

---

Heaven:- Abode of divine beings ruled by Indra

Hell:- Land ruled by Yama where sinners are punished'





Tempered thus the soul comes down  
To be born here again.

The cruel deeds take us to hell  
The noble enthrone us in Heaven.

पाकयुक्त जललो तसलो तो जीवु येत्ता सकल  
गेवचाक जन्मु हंगा पुनर.  
वर्ता वायिट कर्म अंका नरकान्तु  
बेसेता सत्कर्म अंका स्वर्गारि.



From the Heaven the soul comes down  
To be born as Brahmin sometimes  
The evil deeds he does here  
Compel him to be reborn as Chandala.

स्वर्गारि थकूत येत्ता तो जीवु सकल  
गेवचांक ब्राह्मण जन्मु कायि एक वेळारि  
वायिट कर्म कर्त्ता हंगा तो  
पडता बलात्कार ताजेरि पुनर जन्माक चांडाळ जाव्नु.

---

Chandala:- One who is born with evil tendencies and does it.





Asuras are born as Suras,  
Amaras are born as trees.  
Sheep die and come back as elephant  
Elephants in turn are reborn as Sheep

असुर येत्तायि जन्माक सुर जाव्नु,  
अमर जन्मतायि वृक्ष जाव्नु.  
बोकडियो मरतायि आनि येत्तायि परत हस्त्रियो जाव्नु  
हस्त्रियो परत येत्तायि जन्माक पुनर बोकडियो जाव्नु.

---

<b>Asuras;</b>	<b>Beings who are always opposed to the divine being.</b>
<b>Suras;</b>	<b>Divine beings - Deities.</b>
<b>Amaras;</b>	<b>Divine beings - Immortal.</b>



Tiger is reborn as man,  
Women reborn as Vixen;  
The King, a terror to all,  
There, he is born a worm;  
The fly dies and comes down as cat  
Oh! Lord Thy display.

व्याघ्र येत्ता जन्माक पुनर मनुष्यु जाव्नु,  
बायिल जन्मता पुनर कोल्लि जाव्नु;  
रायु, सगटांक एक भीषण,  
थंगा, तो जन्मता एक कीडि जाव्नु  
मूसु मरता आनि येत्ता माजर जाव्नु,  
हे! देवा तुजो खेळु.





The souls that go up and down  
Earn their Karma on this Earth.  
Eat, what they earned somewhere out  
Come down again to earn.

जीव ते वत्तायि ऊँच अनिक सकल  
संपादितायि तांगले कर्म या भूमिरि.  
खत्तायि, कसलेयि तानि केलेले संपादन खंयितरि  
येत्तायि सकल पुनः संपादन करचे खतीरि.



Freedom from Karma one can have  
Here alone, the birth-place of Karma,  
Where the devotees, the aspiring, the worldly  
Get whatever they wish for.

कर्मा थकून मेळयात मोचन एकल्याक  
हंगाचि तें, कर्माचि जन्मस्थल,  
खंयि भक्तांक, आकांक्षित, लौकिक  
मेळता कसलेयिं तरि तें आशेतायि.





Such is our mother Earth,  
The grand show of Thee,  
Who come, down in divine form,  
To have Thy rule here alone.

तसली तँ अमचि माता पृथिवि,  
तुजें बृहत दर्शन तें.  
कोण येत्तायि, सकल दिव्य रूपान,  
जांवचाक ताजें आधिपत्य हंगा मात्र.

---

**Who come down in diviee form:- Reference to 10 incarnations:**

- |              |               |
|--------------|---------------|
| 1. Matsya    | 6. Parasurama |
| 2. Koorma    | 7. Sree Rama  |
| 3. Varaha    | 8. Balarama   |
| 4. Narasimha | 9. Krishna    |
| 5. Vamana    | 10. Kalki.    |



Hence this Earth is unique  
Of all the fourteen worlds.  
The Vedas speak high of Her,  
The saints sing songs about Her.

देखून पृथिवि यि अद्वितीय आसा  
चौदाय लोकां भरसी.  
वेद वंकाणसितायि तिका,  
मुनिवर्य कर्तायि तिजो गीत गायन.

---

**Fourteen world--including Earth**

**Below Earth:**

1. Athalam
2. Nitalam
3. Vithalam
4. Suthalam
5. Thalathalam
6. Mahathalam
7. Rasathalam

**Above Earth:**

1. Boovarlokam,
2. Swarlokam,
3. Maharlokam,
4. Janalokam,
5. Thapolokam
6. Sathyalokam

**Vedas:- Four in number-**

- |              |                   |
|--------------|-------------------|
| 1. Rigveda   | 3. Yajurveda      |
| 2. Sama Veda | 4. Atharvana Veda |





In the centre of the salty ocean  
Shines out the majestic Jambu land.  
Among the seven islands there,  
The most glorious of all.

भिटसे सागराचे मधें  
जत्ता प्रकाशित अति प्रौड जंबुद्वीप.  
थयिं सात द्विपां भरसी,  
सर्वान्तु बहु विशिष्ट कीर्तिकर.

- 
- |   |                                      |
|---|--------------------------------------|
| 1 Jambu Dweep                               | 2 Salty Ocean                        |
| 3 Plaksha Island--Land of<br>the golpen fig | 4 Ocean of the juice of<br>sugarcane |
| 5 Salmala Island                            | 6 Ocean of wine (Grape juice)        |
| 7 Kusha Island                              | 8 Ocean of ghee                      |
| 9 Krowncha Island                           | 10 Ocean of Milk                     |
| 11 Saka Island                              | 12 Ocean of curds                    |
| 13 Pushkara Island--Land<br>of Brahma       | 14 Ocean of fresh water              |
|   | 15 Lokalokam                         |



Thus like the lotus flower Jambu stands,  
With six others and Meru at it's centre;  
It's divided into nine Sectors of which  
Precious is this Bharatha Varsha.

तशि रबल्या जंबुद्वीप पद्माक्षा फुला मणकी,  
दुसरे संचे भरसी  
आनि आसा मेरु तिजें मधें;  
केल्या तिजा विभाग नव खण्ड  
आसा तांतु उत्कृष्टस्थान ये भारत वर्षाक.

---

Meru-a mountain of Gold on which divine being are having  
their sojourn.

- Sectors:-
- |                |               |
|----------------|---------------|
| 1. Swara       | 5. Kethumala  |
| 2. Ilavritha   | 6. Ranyaka    |
| 3. Bhadraswa   | 7. Hiranmya   |
| 4. Hari Varsha | 8. Kimpurusha |
| 9. Bharatha    |               |





The Saints hail thee Oh! Bharath  
As the land of Karma;  
To burn this Karma and be redeemed  
There is no other land but Bharath.

सिद्ध पुरुष कर्तायि तुका नमन हे! भारता  
कर्माचि भूमि ह्योणु;  
ह्या कर्माक करचाक दहन  
आनि दिव्चाक मोचन  
ना दुसरि भूमि भारत विना.



For us to sublime this life  
Kaliyuga is the best of the four  
Simpily chant His names thus,-  
“Krishna, Krishna, Mukunda, Janardana,  
Krishna, Govinda, Rama, Narayana.”

अंका ये जीवित मोक्षु मेळपा खतीरि  
कलियुग चारि भरसि अति श्रेष्ट  
करायि केवल गायन ताजे नाव अशी,—  
“कृष्ण, कृष्ण, मुकुन्दा, जनार्दना,  
कृष्ण, गोविन्द, राम, नारायण”.

---

**Kali Yuga:- The last of the four Yugas.**

1	Kritha Yuga	--	4800 Divine years
2	Thretha Yuga	--	3600 Divine years
3	Dwapura Yuga	--	2400 Divine Years
4	Kali Yuga	--	1200 Divine years
	1 Human year	--	1 day for devas
	300 Deva year	--	1 divine year





Those living in other worlds,  
Those living in previous Yugas  
Not having a chance for freedom  
Praise this land in Kali Yuga.

परलोकान्तु सजीव आसल्या ते,  
गेले युगान्तु सजीव आसल्या ते  
स्वतंत्रता मेळपाक अवसर एक नत्तिल्यान  
ह्या भूमिक कर्तायि प्रशंसा कलियुगान्तु.



**“How I wish to be born there  
Even as a grass, you know.”  
Such is the cry they send out,  
And praise those born here.**

“हांव इच्छिता कशी थंयि जन्मोंव्का  
केवल एक तृण पुणि जाव्नु, जाणा, तू”  
तशि ते कर्तायि रोधन,  
आनि प्रशंसितायि कोणीय हांगा जन्मल्यांक.



Hark! this is Kaliyuga,  
This land is Bharatha Varsha,  
Arn't you afraid of hell;  
Haven't you got a tongue?

अयकायि ! यें कलियुग तँ,  
यी भूमि भारतवर्ष तँ,  
ना वें तूं भित्ता नरकाक;  
ना वें एक जीब तुका?



Alfred Schmitt

: 1911

1911 - 1912

Without repeating His name  
How could we think to be here!  
Alas, Alas without meditation  
Don't waste your time here.

ताजे नाव पुनारावृत्ति करनत्तिले  
कशि विचारचे अमि हंगा आसा ह्योणु !  
हा, हा, ध्यान विना  
कोर्नका व्यर्थ तुजो समय हंगा.

Without thinking the man  
How could we do it  
Ains, risk without medical  
Don't waste your time here

and the people of the  
and the people of the  
and the people of the  
and the people of the

How many births we had in filth,  
How many births we had in water,  
How many births we had on land,  
How many births we had as trees,  
How many births we had as animals,  
Ere being born in human womb.

कितले जन्म जल्या अंका मलिनान्तु,  
कितले जन्म जल्या अंका उदकान्तु,  
कितले जन्म जल्या अंका भूमिरि,  
कितले जन्म जल्या अंका वृक्षजान्तु,  
कितले जन्म जल्या अंका मृगजान्तु,  
जन्मळचे पयले मनुष्य योनीन्तु.





Ten months we spend in the womb  
Twelve years as children at play;  
Puffed up but knowing nothing,  
How many years squandered away.

केल्या विनियोग दा मास अमि गर्भाशयान्तु  
खेळ्ळे बारा वर्ष बालक जाव्नु;  
मदोद्धत जाल्या पुण कांयि कळनत्तिले,  
कितले वर्ष अशीचि व्यर्थ केल्यां.



This breath lingers in the bubble, the body,  
Little knowing that it thins out daily,  
Struggling ever we spend the time,  
Not caring to chant His name.

मंद मंद चलता बुद्बुदान्त, तशि यें देह,  
कळना ते प्रति दिवस जत्ता क्षीणित,  
केन्नायि जुजून अमि खरचिताय समय,  
करना चिंतन ताजे नांव उच्छारणाक.



Fighting for status and power  
Some move about unashamed;  
Yet others thinking of self and rivalry,  
Fritter their lives away.

जुजतायि पदवीक अनि अधिकारा खतीरि  
स्वल्प भोंवतायि अशी-तशी अल्लजित जाव्नु;  
जाल्यारि दुसरे चिंतितायि स्वार्थपर आनि स्पर्धेन्तु,  
कर्तायि व्यर्थ तांचे जीवित.





Some others dance about,  
 To the tunes of damsels sweet,  
 Some fools serves as courtiers,  
 To show out their vanity.

नांचतायि स्वल्प इतर,  
 कोमळ युवति तालानुसार,  
 भृत्या मणकि स्वल्प भूढ कर्तायि सेवन,  
 प्रकट कोरूक तांगेले वृथा अभिमान

Lighting for interior and exterior

and more modern arrangements

for offices, shops, etc. etc.

1917

11-12-17

Some work from temple to temple  
Just to earn for their family;  
Some feed not their parents or wife;  
Wretches there are some,  
Never see even in dreams  
Partner owned before the sacred fire.

स्वल्प कर्तायि काम प्रति एक देवळान्तु  
मात्र तांगेले कुडुम्बाचे वेतन मेळपा खातीरि;  
स्वल्प करनाति संरक्षण आवसुबापसूक अथवा बायिलेक;  
आसायि पापिष्ट स्वल्प जन,  
दिकनाति तरि स्वप्नांतु  
स्वीकृत केलेली पत्नीक होमाग्नि मुरवारि.





When the learned rebuke at it  
Up against them they arise,  
Casting aspersions they say,  
Universe is there for it is worldly.

केन्ना शिखिले ते निन्दितायि त्या खतीरि  
ताजे उपरि करचाक विरोध ते उठायतायि,  
आक्षेप करीत ते सांगतायि,  
जगत् आसा जाल्यारि ते लौकिक.



Brahmins worshipping day by day  
Think they are above Brahma;  
To hoard wealth to heart's content  
They even perform Yagas.

आराधन करचे ब्राह्मण प्रति एक दिवस  
लेकतायि ते ब्रह्मापसि ऊँच;  
संग्रह करचाक धन हृदय तृप्तिक  
ते करतायि याग मरेन.

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**Yagas-** Sacred offering to Gods for their,  
blessing for the performer and the whole world.



Some sell gold and precious stones,  
Just to make them rich;  
Elephants and horses they don't spare,  
To fill their coffers full.

स्वल्प विकितायि स्वर्ण आनि अमूल्य रत्न,  
यथायोग्य करचाक तांका धनिक;  
हस्तियो आनि घोडे ते दवर्नाति,  
भोरूक तांचे धन - भांड.



the old and new

and new

and new

and new

and new

and new

and new

and new

Yet others dealing in shipping,  
How much they hoard, my Lord!  
Pilfering and rakish as they are,  
In quest of wealth ruin themselves.

जल्यारि दुसरे तरूवां वाणिज्य करर्चान्तु,  
कितले भारि संग्रहितायि ते, मेजे देवा;  
चोर आनि भोगासक्त आसचे तसले ते,  
धनाचे अन्वेषणार्थ विनाशु पांव्तायि ते स्वयं.



Amass wealth, still they aren't happy;  
Tens, they covet to make hundreds,  
Hundreds to thousands and lacs  
Enchained by their desire endless.

आसा समृद्ध धन, जल्यारि ते संतोषु पाव्नायि;  
आसा दा, इच्छितायि ते करूक शंबरि,  
शंबरि थकून सहस्र अनिक लक्ष  
शृंखल बन्धित आसले तांगेले आशेक अन्तिम ना.





When the deserving needy beg for some,  
The wretch never parts with a pie;  
Alas, when he bids farewell,  
Even the cloth is left behind.

केन्ना पात्र आनि आवश्य आसचे ते मागतायिं स्वरूप,  
तरि निकृष्ट दीनाति केवल एक पैसा;  
हा, केन्ना तो वत्ता सोडून केन्नायि जाव्नु,  
केवल वस्त्रयि सोडून वत्ता थयींचि.



Regret they have none;  
Deceit is their faith;  
Thirst for wealth makes them cold,  
Even to the divine Truth.

पुणि खेदु तांका कायिना;  
कपड तांगेलो विश्वासु;  
धन-तृष्णा कर्ता तांका उदासीन,  
दैव सत्याक मरेन.

Regret they have none

Deceit is their faith

Thirst for wealth makes them cold

Even to the divine Truth

They are blind

They are dumb

They are deaf

They are dead

Truth is Brahmam, say the wise  
The blind too boast they know;  
As the ignorant donkey carrying saffron;  
Desires alone disillusion all.

सत्य तँ ब्रह्म, सागतायि ज्ञानवन्त  
कुरडेयि अहंकारितायि ते जणतात ह्योणु;  
कशि कि ज्ञानहीन गाडव वाव्तां कुंकुम;  
आशा मात्र राबैता मोहान्तु सर्वाक.

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**Brahmam:- Soul of the Souls**





Step by step life ebbs out  
Up and up desire swells,  
Onam has come, Vishnu gone  
Thiruvathira has not yet come;

एकेक वत्ता पावल तशी क्षीणीत जात्ता जीवित  
गण्टाव्नु वर्त्ता आशा ऊँच आनिक ऊँच,  
'ओणम' अयिलें, विषु गेलें,  
'तिरुवातिरा' अयिलेना अतँयि;

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**Onam — A national festival of Kerala Aug. — Sept,**

**Vishu — Day of rejoicing April — May**

**Thiruvathira — A festival of the women folk of Kerala  
pertaining to the eternal wed lock of  
Siva and Parvathy.**



On Aswathi in Kumbha,  
My birthday falls;  
Vrischiga brings in the anniversary;  
No more feasts this time.

कुभान्तु आसचि अश्वति,  
जायदीस मेगेलो येत्ता,  
वृच्छिक हडता वषिक;  
ना अतँ भोजन या वेळारि.

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**Aswathi:-** The star which influence the day  
**Kumba - Feb - March.**  
**Vrischiga:-** Nov - Dec





How I wish to have a child,  
Whom I will see weds  
My grand child born to him  
Is a feast to my eyes.

कशि हांवे पाँव्च आशा जांक्का एक भुरगे,  
वारडिक करचे ताणे ते चोंव्चे हांवे  
मेगेलो पौतु जन्मता ताजेरि  
मेगेले दोळ्यांक तो एक उत्सवु.

How I wish I could see you  
Whom I still love  
My heart is still true to him  
It is true to my love

My heart is still true to him  
My heart is still true to him  
My heart is still true to him  
My heart is still true to him

The land that is at hand  
Never again will I lease,  
Desires thus multiply  
When the poor breathe their last.

आसचि ती भूमि हतान्तु  
पुनः दीना हाव 'पाटाक',  
आशा तशि ती वडता  
केन्ना साधु ते वोडितायि अंतिम प्राण तांचे.

The land that is so hard

Never again will I pass

Through this desolate land

When the poor people's lives

Are so hard to live

And so hard to live

And so hard to live

And so hard to live

Why, think about it at length  
The bulk of Karma is still there;  
Many births we have gone through,  
It's Kaliyuga and the land is Bharath.

कित्याक, चिंतिता दीर्घ त्या विषयान्तु  
कर्माचो वोडलो भागु असा अतेंयि थयींचि;  
मस्त जन्म अमी भोगल्या आसा,  
यें कलियुग तें अनिक यी भूमि भारत तें.



What, think about it at length  
The bulk of Karma is still there  
Many things we have gone through,  
It is Kaliyuga and the land is Bharat.

महाराज ! मैं तो जानता हूँ  
कर्मों की शक्ति और भी बहुत है  
जिससे हम सब को बंधा हुआ है  
ये सारा दुनियाँ ही इसी में है

Many years we lived here and died;  
Without knowing the span of life;  
How we wasted away,  
When life is short and health vanishing.

अनेक वर्ष अमि कडले जीवन हांगा आनि मेल्या;  
कळनत्तिल्यान जीविताचें कालयळव;  
कशि अमि केल्या व्यर्थ,  
केन्ना आयुष्य आसा अल्प आनि आरोग्य पंव्ता नाशु.



**Chant His names always.  
Attain Purushartha thereby;  
Why be afraid of hell,  
Prepare to enter Vaikunta.**

नांव ताजे केन्नायि पाठ करायि.  
पुरुषार्थ तत् द्वारा प्राप्त करायि;  
कित्याक नरकाक भित्तायि,  
मेळचाक वैकुण्ठ उद्यम करायि.

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**Purushartha:** 1. Dharma  
2. Artha  
3. Kama  
4. Moksha

**Vaikunta:** The abode of Lord Vishnu





Alone we came, alone we quit,  
Why compete in between;  
When Purushartha is there,  
Why aspire wealth; more!

अमि आयल्याँ एकलेचि, आनि वत्तायि एकलेचि;  
कित्याक स्पर्धा अंचे भितरि;  
केन्ना पुरुषार्थ आसा थँयीं;  
कित्याक आकांक्षा धनाचेरि; अधिक!



While full dazzling Sun is there,  
Why go in for glow Worm;  
When Unnikrishna plays in us,  
Why wish for children more.

केन्ना पूर्ण तेजस सूर्यु थँयि आसा,  
कित्याक वत्ता प्रभाकीटा खतीर;  
केन्ना बालकृष्णु अंचेभितरि खेळत असा,  
कित्याक इच्छिता अधिक संतान.

While this dwelling time is short,  
go in for it, we women;  
When Unhappiness plays in us,  
Try with for children more

For the first of the year,  
The first of the year,  
The first of the year,  
The first of the year,

Bhakthas are there our kith and kin;  
When Maya has her display,  
Sweet-heart's shows seem foolish;  
Hark! The riches here are ours  
The Lord of the universe is our father  
The mother of the universe, our mother.

भक्तजन आसा थँयि, बन्धु बान्धव अम्गेले;  
केन्ना मायेक आसा तीजो खेळ,  
प्रियतमाचे दर्शन दकेयता मूढत्व;  
अयकायि! हंगाचे धन तें अम्गेलेचि  
विश्वाचो धन्नि तो अम्गेलो बापूसु  
विश्वाचि माता, ती अम्ची आव्सु.

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**Bhakthas:-** Devotees

**Maya:-** that which hides the real and  
show only the unreal.





Why worry any more;  
Alms there is plenty to eat;  
Without any desire chant His name  
with faith,  
Revere unabashed, with folded hands;  
All creations here.  
Soaked in tears of joy, unmindful of  
the pangs of life  
Prostrate before the Saintly souls.

कित्याक पंव्ता क्लेश अनिकयि;  
आसा समृद्ध भक्ष्य खवंचाक थैयिं;  
आशा कसलीय नत्तिलें करि नाम पाठ विश्वासान ताजो,  
करि प्रणाम अल्लज्जित, हाथ अेकडे करून;  
सर्वे सृष्टि हंगा,  
संतोष बाष्पान तिम्मलो जाव्नु,  
जीवित यातन कायि वरनत्तिल्ले मनांतु  
करायि नमन पुण्यात्मागेले मुखारि.



Drunk in Bhakthi, dance about;  
The ties will break thereby;  
When Karma comes to an end  
The body falls apart; the soul  
Leaps then to Brahmam in sight  
Eager to be ever with it.

मदोन्मत जयायि भक्तिन्तु, आसपास नचायि;  
त्यो गाण्टियो थयींचि फुंटायि;  
केन्ना कर्म येत्ता अंतिमेरि  
तेन्ना पडता देह; आत्मा तो  
मेळता गोचर ब्रह्मान्तु  
औत्सुक्यान आसचाक केन्नायि तन्तु.





Unfit you may be,  
Depressed you shall not;  
Hear His glories once,  
Whether born low or high,

अयोग्य आसचाक पुरो तूं,  
विषाद पांवनका तूं;  
आयिक ताजे महिमा एक पावटी,  
नीच वा ऊँच जन्मला तूं.



Except those born without a tongue,

And those born dumb;

Repeat His names or hear once,

or in dream.

While fooling others or for other's sake

Is enough for you to merge with him.

जीव नत्तिले जन्मले ते,

आनि जन्मले ते मोत्रे विना;

करायि आवर्तित ताजे नाम पाठ

अथवा अयकायि एक पारटि, अथवा स्वप्नान्तु.

मूढ दुसरांक करचे वेळारि अथवा दुसरां खतीरि

पुरो तुका ताजेकडेन मेळूक.



**Sreedharacharya announced,  
Badarayan composed,  
Geetha sung, Vedas repeat,  
About Thee alone Oh! my Lord.**

श्रीधराचार्यानि केल्या आख्यायन,  
बादरायणान् केल्या संविधान,  
केल्या गीता गायन, कर्तायि वेद पाठ,  
तुजें विषयीं मातृ हे! मेजे प्रभो.

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**Sreedharacharya - An ancient Guru  
Badarayan - Veda Vyasa.**





If mind there is, it is enough  
That is the glory of His names.  
Repeat His names to heart's content,  
Merge with Him, Brahman itself,  
Pardon me Lord, if I have erred.

OM SHANTI, SHANTI, SHANTI.

तरि मन थँयि आसा, पर्याप्ति ते  
ताजे नावांचे महिमा तें  
करायि आवर्तित हृदय तृप्ति मरेन नाम ताजे ।  
पावांयि लय ताजे कडेन ब्रह्मांतूचि  
क्षमा करि देवा, तरि केल्या हांवे चूकि.

ॐ शान्ति, शान्ति, शान्ति.

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